




Physical Activity For Children Five Years Old



Benefits of Physical Activity to Children

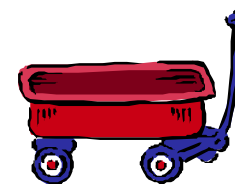
- ★ Healthy heart
- ★ Social development through play
- ★ Problem solving skills
- ★ Increased coordination and movement skills
- ★ Higher self-esteem

Physical Activities for Children Five Year Olds

Targets	Movement	Balloon Body Juggling																											
 Make creative targets for aiming and throwing practice. <ul style="list-style-type: none"> • Draw on or cut holes in cardboard boxes • Line up plastic bottles 	 Use a large monthly calendar and ask your child to assist you in filling in each daily block with a different physical activity skill. <table border="1" data-bbox="304 1112 724 1429"> <tr> <td>Skiping</td><td>Prancing</td><td>Chasing</td></tr> <tr> <td>Hopping</td><td>Tumbling</td><td>Jumping</td></tr> <tr> <td>Strutting</td><td>Twisting</td><td>Turning</td></tr> <tr> <td>Throwing</td><td>Catching</td><td>Rolling</td></tr> <tr> <td>Tip-toeing</td><td>Balancing</td><td>Stretching</td></tr> <tr> <td>Flying</td><td>Waddling</td><td>Dodging</td></tr> <tr> <td>Bouncing</td><td>Rolling</td><td>Plodding</td></tr> <tr> <td>Running</td><td>Galloping</td><td>Bending</td></tr> <tr> <td>Kicking</td><td>Trotting</td><td>Marching</td></tr> </table> <p>Have your child cross off each activity as it is completed.</p>	Skiping	Prancing	Chasing	Hopping	Tumbling	Jumping	Strutting	Twisting	Turning	Throwing	Catching	Rolling	Tip-toeing	Balancing	Stretching	Flying	Waddling	Dodging	Bouncing	Rolling	Plodding	Running	Galloping	Bending	Kicking	Trotting	Marching	 Toss a balloon into the air and call out the part of the body to be used to strike it (knee, foot, and elbow). The balloon can also be batted, kicked, or bounced between two players.
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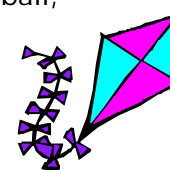
Movements to Work on With Your Child

- | | | |
|----------|------------|-------------|
| Catching | Scattering | Surrounding |
| Charging | Scurrying | Swinging |
| Chasing | Skating | Throwing |
| Dangling | Skipping | Tip-Toeing |
| Jumping | Sneaking | |
| Leaping | Striking | |
| Prancing | Strutting | |



Sample Toys for Children Five Years Old

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|---|--|
| <ul style="list-style-type: none"> • Bicycle with Training Wheels • Climbing Ropes • 8" Foam Balls • Full Size Rocking Horse • Full Size Scooter • Hopscotch Mats | <ul style="list-style-type: none"> • Jump Ropes • Junior Size Soccerball, Football, Basketball, Volleyball, Bats and Tee • Kites • Low Stilts • Tennis Balls • Tumbling Mats, Cylinders • Velcro Catching Mitts |
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References:

Clements, Rhonda, Lee, Michael, G. H. C. Illustrations, & O'Sullivan. The Diane Lindner-Goldberg Child Institute, Parent's Guide To Physical Play. New York State Department of Social Services. July 99.

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